

# Fun in the Summer Sun!



With the arrival of summer, many people look forward to spending time outside and cooking on the grill. These tips will help you have a safe and healthy summer!

## The best way to prevent sunburn is to:

Stay out of the sun from 10:00 am to 4:00 pm when the sun's rays are the strongest and can do the most harm.

Wear a hat with a wide brim to protect your ears, neck, and face from the sun.

Put on sunscreen 20 minutes before going outside, even on cloudy days:

- Use sunscreen labeled SPF 30 or higher
- Apply a "palmful" of sunscreen per person - most people don't use enough sunscreen!
- Reapply sunscreen **every two hours** AND after swimming, drying off with a towel, or sweating.



Sunscreen should not be used for babies younger than 6 months. To protect them from the sun keep them in the shade (under an umbrella), dressed in tightly woven dark clothing and hats.

Exposure to sun is known to contribute to all types of skin cancer. Skin cancer is linked to sunburn and researchers think moderate tanning may also be unsafe. Skin cancer is the most common cancer in the United States.

Protect your eyes from the sun's rays by wearing sunglasses marked that they protect from 100% of UV (ultraviolet) rays.

## Don't Let Mosquito Bites Ruin Outdoor Time

Mosquitoes are most active during the evening, at night, and at dawn.



- Children and adults should wear protective clothing such as long pants, long-sleeved shirts, and socks during the evening, nighttime and dawn.
- Use a bug spray containing 30% or less DEET for children and adults. Follow the directions on the package. Children should not apply DEET to themselves.
- Products that contain Picaridin or oil of lemon eucalyptus have also been found to be effective.

# Summer Grilling Tips



**Cooking foods outdoors, taking foods to events, and serving food in warm temperatures make summer a peak time for food poisoning. Reduce your risk of food contamination by following these tips:**

**Wash hands and food surfaces often to avoid the spread of bacteria.**

- Wash your hands with hot, soapy water for at least 20 seconds before handling food, after handling raw meats, poultry, or garbage. Always wash hands before and after eating, handling food, drinking or smoking, after blowing your nose, sneezing into your hands, using the bathroom, changing diapers, or touching pets.

**Bacteria can grow quickly when foods are not safely thawed.**

- Put frozen foods in the refrigerator to defrost. Sealed packages can be thawed under cold running water.
- When using a microwave for defrosting (or precooking) transfer foods immediately to a hot grill to keep bacteria from growing in partially cooked foods.

**Keep raw foods separate from cooked foods.**

- When you pack a cooler, wrap raw meats and poultry securely, and put them on the bottom of the cooler to keep meat juices from dripping onto other foods.
- Don't put cooked meats back on a plate or platter that had raw meat on it. Wash all plates, utensils, and cutting boards that touched or held raw meat or poultry with hot soapy water.

**Make sure you kill harmful bacteria by cooking food until it reaches the proper temperature.**

- Use a meat thermometer to make sure meats and poultry are cooked.
- Cook food to a safe minimum internal temperature to kill harmful bacteria:
  - 165°F** Whole poultry, poultry breasts, and ground poultry (turkey burgers)
  - 160°F** Hamburgers (beef)
  - 145°F** Medium Rare: Beef, veal, lamb (steaks, roasts, and chops)
  - 160°F** Medium: Beef, veal, lamb (steaks, roasts, and chops)
  - 160°F** All cuts of pork
- Once food is cooked, keep it hot (at 140°F or higher) until served. Use the side of the grill rack or an upper rack (away from heat or coals) to keep food warm.

**Cover food to keep flies away and on hot days (above 90° F) refrigerate foods after an hour.**